



staying HEALTHY



HORIZON
HEALTH

Adults can benefit from speech therapy

Speech-language pathologists (SLPs) are probably most known for their work with children in schools, hospitals, private practice, and other settings. However, they also specialize in assessing, diagnosing, and treating adults with similar communication disorders.

SLPs are healthcare professionals who address a variety of issues, including speech, language, social communication, cognitive-communication, and swallowing disorders.

According to the American Speech-Language-Hearing Association, speech disorders occur when a person has difficulty producing speech sounds correctly or fluently. Language disorders (oral and written) occur when a person has trouble understanding others, or sharing thoughts, ideas, and feelings.

Social communication disorders occur when a person has trouble with the social use of verbal and nonverbal communication. This can include problems with greeting, commenting, and asking questions to following rules for conversation and storytelling.

Cognitive-communication disorders include problems organizing thoughts, paying attention, remembering, planning, and/or problem-solving. Swallowing disorders are feeding and swallowing difficulties, which may follow an illness, surgery, stroke, or injury.

Speech and language disorders can be caused by any type of brain damage, including stroke, traumatic brain injury, dementia, brain tumors, and brain diseases. They can also be caused by Parkinson's disease, multiple sclerosis, cerebral palsy, and muscular dystrophy. SLPs also treat communication problems caused by cancer of the mouth, larynx, and voice box.

SLPs use a variety of assessment tools and techniques to determine speech and language ability. Their methods are tailored to each individual and are based on a person's age, cultural background, severity of the suspected communication disorder, and language functioning. SLPs often use standardized tests, observation techniques, and questionnaires completed by family members/caregivers and the individual himself to assess and treat patients.

A speech-language pathologist is available at Horizon Health. For more information, call 217-466-4244.

Brenda Stevens, MS, CCC/SLP

Brenda has 24 years of experience as a speech-language pathologist (SLP) and is licensed in Illinois and Indiana. She is certified by the American Speech-Language-Hearing Association (ASHA).

Brenda has a bachelor's degree and master's degree in communication disorders and sciences from Eastern Illinois University.

Prior to joining the Horizon Health Rehabilitation Services staff in 2008, she worked in acute care rehab, long-term care, home care, and school settings.

Brenda is a Paris native. She and her husband, Chad, have a seven-year-old daughter, Landrie.



Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

(217) 465-4141

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944



E-cigarettes linked to 'popcorn lung'

"Popcorn lung," also known as bronchiolitis obliterans, is a serious and irreversible lung disease. Though rare among the general public, popcorn lung is raising concerns after being linked to a chemical in electronic cigarettes that is known to cause the disease.

"Popcorn Lung" first appeared more than a decade ago in factory workers who inhaled diacetyl, an artificial butter-flavor chemical found in microwave popcorn. The flavoring was linked to deaths and hundreds of cases of bronchiolitis obliterans. As a result, major popcorn manufacturers removed diacetyl from their products.

However, according to the American Lung Association, some people are still being exposed to diacetyl (and the possibility of popcorn lung) in the form of e-cigarette vapor. When inhaled, diacetyl scars and narrows the bronchioles, the lung's smallest airways. The result is coughing, wheezing, and shortness of breath, similar to symptoms of chronic obstructive pulmonary disease (COPD).

Researchers at Harvard University reported finding diacetyl in 39 of the 51 flavored e-cigarette brands and liquids they tested. The study also found two related flavoring compounds (acetoin and 2,3-pentanedione) in the e-cigarettes it tested, which have been identified as being a potential respiratory hazard in the workplace by the Flavor and Extract Manufacturers Association.

According to the Centers for Disease Control and Prevention (CDC), the flavorings industry has estimated that more than a thousand flavoring ingredients have the potential to be respiratory hazards. The CDC notes that current evidence suggests diacetyl as being one chemical that can cause flavoring-related lung disease.

The US Food & Drug Administration continues to investigate the short- and long-term health effects of e-cigarettes, as well as who is using them and for what purpose.

MAY & JUNE

Community Health Programs

DINE WITH A DOC

May 8

- » Dr. Ronald Wheeler, orthopedic surgeon, will be the featured speaker at this free monthly program; 10 am (CST), Providence Housing Club House, 219 North Providence Pl., West Terre Haute.

TWILIGHT WALK, HONORING NURSES

May 9

- » Fifth annual Twilight Walk honoring active, retired, and deceased nurses. Edgar County Courthouse lawn. Free. Luminaries \$3 each to honor a nurse (LPN or RN), which will be displayed the evening of the walk. Call 217-466-4320.

MONTHLY HEALTH SCREENINGS

May 18, June 15

- » Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglycerides) screenings, 7 to 9 am. Fasting for eight hours in advance required. \$25. Call 217-466-4228.

CHOCOLATE SALE

May 21 & 22

- » PCH Volunteers' South Bend Chocolate Company sale; 9 am to 4 pm, rotunda entrance to Paris Clinic.

CLINICS CLOSED

May 28

- » Horizon Health clinics in Paris, Chrisman, and Oakland closed for Memorial Day. EZ Care open 9 am to 7 pm.

ANDY HOGAN MEMORIAL GOLF OUTING June 2

- » Fourteenth annual event to benefit Edgar County Diabetes Association; 12:30 pm, Eagle Ridge Golf Course, Paris. Entry fee \$65 per person; includes cart, green fee, drinks, lunch, prizes. Entry deadline June 2 by noon. Call 217-466-4228.

HOSPITAL ANNUAL MEETING

June 11

- » The annual meeting of the Hospital & Medical Foundation of Paris, Inc.; 7 pm, Paris Clinic. Members encouraged to attend. Refreshments will be served.

SAFE SITTER CLASS

June 12

- » Teaches boys and girls ages 11-13 basic lifesaving techniques. From 8:30 am to 3 pm, Conference Room D. \$35. Register by June 4. Call 217-466-4228.